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HEALTH & DIET

The Grace in Aging

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The Grace in Aging: Awaken as You Grow Older



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Figure out how to use your old age for awakening and spiritual development. Lessening our attachments, reducing our aversions, unbinding what binds us, we bear witness to the chance of awakening for all beings. Since aging, in and of itself, does not result in spiritual maturity, *The Grace in Ageing* suggests and explores causes and circumstances that we can create in our lives, just once we are living them, to allow awakening to unfold - transforming the predictable sufferings of ageing into profound possibilities for growth in clearness, love, compassion, and peace. *The Grace in Aging* presents guidelines for older people of any wisdom custom who wish to awaken before they die; no need for caves or seven-yr retreats. the contemplative character of each chapter allows for an uncommon depth of inquiry. Examples from our lives and from the chatter in our own minds touch the listener personally, offering the opportunity to absorb the implications deeply and do the task of freeing his or her own brain. Ecumenical in spirit, tone, and language, Singh offers wisdom from teachers from a variety of spiritual backgrounds: Thich Nhat Hanh, the Apostles, Annie Dillard, and even more. Encouraging, inspiring, and practical, *The Grace in Aging* invites all those who have ever experienced spiritual longing to awaken within their twilight years. Kathleen Dowling Singh streamlines huge and complicated teachings into skillful means and sensible views. Straightforward vocabulary and piercing questions bring Singh's teachings into the sharp concentrate of our very own lives; This is spiritual practice for the lives we live.



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You will find yourself wanting to keep reading!!! Mea culpa. It could have been enlightening. The author has been able with this book to create a very important and relevant subject accessible to everyone. The wisdom is definitely captured and presented alongside a collection of beautiful, thought-provoking quotes and poems.. Some are ill and beginning the energetic dying process. Actually this way appears to be ancient, it just can seem new to a contemporary viewers that has not yet been subjected to the opportunity to find deeper meaning in the second half of life. The presentation of these truths is performed in way that celebrates and honors all faith traditions. Ms. Singh has supplied an very accessible means to avail yourself for some core wisdom that can start a life transformation which will bring much pleasure! I wish to find a method to talk about this with a group of friends, maybe a reading/debate group!! Can't wait! Not only for the aging but also for everyone I read Dr. A rich, nourishing companion. The only real source of love, of friendship, my sustenance was eliminated, I was surviving in a sea of emptiness, aloneness. This is a ideal read for all and specifically for me, an octogenarian. I could see nowhere to move. Lifestyle was empty. But I was scared, and it took another 18 months after I had purchased it, to read this book. From this vantage point when I consulted my Kindle library for my next book (reading as get away from pain), I was attracted to this book. I've ordered extra copies and also have give several to friends. I can only say that Dr. Singh may be the closest friend you ever endured, a soulmate, a person of such discerning wisdom and compassion that you are feeling warm and secure held in the embrace of lovingkindness. Not really a guru, not really a therapist, not a spiritual advisor or a life coach, perhaps a mom? Words and phrases fail me, but she actually is the real deal. Dynamic I must say i appreciate Ms. Singh's depth and her spiritual assertion. My ego personality has felt this agony of stepping into this nothingness. I've ordered extra copies and also have give several to . My own body started aging with exhaustion at age 50, when my cells could no more produce adequate energy for my muscle tissue. The concealed depth of my nothingness is currently Ms. Singh's publication, *The Grace in Maturing*, providing me this support and faith to make the leap into the unknown. Five Stars Loved it! Her publication offers this dynamic drive to melt down barriers and boundaries, where in fact the ego relaxes and the soul can begin to grow also to change. I really enjoyed the start of this book but it evolved ... This is a lovely, well written book. Instead of discussing the how to of mindful meditation the writer goes on and on and on and on about how exactly our old age could be if we had been mindful. I must say i was so disappointed in this publication.! There are much better books and recordings about mindfulness. I was hoping for a lot more. This can be that spark you have already been looking forward to! Now at age 60 I live in continuous exhaustion, like I have the flu. Great book, that i am using in a class .. It was time. Other close friends are ordering their own. I found the reserve to be well written and helpful. The book awakens us to the BLESSINGS that include . I come from a Christian tradition, and found the material was opening up scriptural references I got known for quite some time in a refreshing and relevant fresh way. I treasure this publication as it assists me settle and be accepting...This is such a book. Great book, which I am using in a class at this time, teaching the Common/Buddhist principles on what we are able to move beyond any outdated thoughts we might have in order to have a more courageous and compassionate life in the third trimester or any moment inside our lives. I noticed her only 6 weeks hence, being unsure of that she had a significant illness. Thank you because of this! A Wonderful Book! A beautifully written book geared to those in their later years but very important to adults of any age. There is no greater pleasure to me than getting a book that you want would never end aside from the pleasure of starting over reading it again. I adored it. The author gives profound insights and useful methods to make life even more meaningful while it is still possible..Filled with wisdom and grace. I treasured it. Informative & *The Grace in Aging* is not a straightforward read but needed reading for those who want to help make the a lot of the last years of life-it should be read slowly- I read it twice and kept discovering brand-new surprises that I missed. I really enjoyed the beginning of this book but then it evolved into a

rambling monologue about mindfulness.” Compassion may be the fruit of the practice. ..” Kathleen compares this letting go as we age to cleaning out a house we’ve lived in for a long time before moving to a very much smaller home. the mature time of life this publication gives a great way to make use of "wisdom" and how to think in . As I begun to read this function I found myself becoming quickly drawn in to the stories and references to numerous spiritual, wisdom texts.. If one is in the mature period of life this book gives a smart way to use "wisdom" and how to think in everyday activity as aging takes a stronghold! Her book offers this Divine recognition that emptiness is an integral part of aging and I could be Centered in this void. I am 76 years old & most of my close friends are in an identical age range... The book awakens us to the BLESSINGS that come with aging if we reflect on our daily experiences and grow from the insights. Singh's reserve on dying when i lost my partner all of a sudden and unexpectedly, and of the numerous (probably 40) books that I read wanting to understand life, death, and grief, it made the most sense... for those who look for meaning and depth along the way of aging. An invitation in to the journey toward “shimmering wakefulness” and letting go. Pefect Read for Octogeneraians This book has far surpassed my expectations and hopes. I had experienced a resurgence of profound and intense sadness nearly to the point of suicide. studying Still studying it in our retirement house A beautiful guide to awakening to your inner life “To be dazzled with mystery, unhindered simply by the fat of knowns and the inflexible tensions of understanding, we need to let go of what we think we know.. gorgeous! She emphasizes the importance of intention and dedication to a spiritual practice if we want to awaken and “bring healing to our precious and beautiful planet, therefore harmed by the ignorance of the unawakened condition. I bought several to give as gifts for some older relatives that want to go through. I am so grateful that I was fortunate enough to meet with Kathleen on several occasions for spiritual counseling, and was shocked to learn her obituary in the Sarasota (she resided in Venice, Fl) paper today. She died October 1, 2017 surrounded by her family. I deals with living and dying with Kathleen's obvious compassionate and uplifting design.



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